

The East Midlands Buddhist Association Leicester Buddhist Vihara

Junior Dhamma School

Lessons Conducted for the year 2020

Lessons

Lesson 1 : 24th May 2020

1. Buddha Vandhana
2. Learning to recite 'ata-sil'
3. Homework 3rd May 2020 (answers to questions on dhamma)*
4. Homework 3rd May 2020 (colouring the Dhamma wheel)
5. Story "why we should not hurt or harass others"

The moral of the story:

'Everybody in this world – fears punishment,
Everybody fears dying – without reason,
Compare yourself this way – with others always,
And never harass anyone – or kill in any way'

Quiz

1. Dhamma is the teachings of the Buddha, Buddha's teaching says:
Do NOT Do Bad
Do Good
Keep Your Mind Clean
2. Name 3 bad things we should not do
 1. Killing animals and being cruel to them is bad.
 2. Stealing is bad.
 3. Telling lies is bad.
3. Name 3 good things we should do
 1. Respect our parents and teachers.
 2. Help one another.
 3. Make friends with good people.
4. Name 3 things that will make our minds unclean
 1. Not have selfish thoughts
 2. Should not have greedy thoughts (wanting too much of anything, food, toys)
 3. Should not have angry thoughts.

Lesson 2: 14th June

1. Buddha Vandhana
2. Practicing Loving Kindness
3. Learning from a story – Not to harass / hurt / harm anyone (click on link for the story)
4. Checking home work
Answers to questions (see answers below)
Colouring activity
Completing the crossword puzzle (see answers below)

Quiz

1. Who's son was Prince Siddhartha
(a) Wise man
(b) King Suddhodana
2. Who was Prince Siddhartha's Mother
(a) Princess Yasodhara
(b) Queen Maya
3. When was Prince Siddhartha Born
(a) Poson full moon poya Day
(b) Vesak full moon poya day
4. Who was the kind prince
(a) Prince Siddhartha
(b) Prince Devadatta
5. At what age did Prince Siddhartha leave the palace to find a way to make everyone happy (became Bodhisattva)
(a) 30 years
(b) 29 years
6. Where did Bodhisattva become enlightened
(a) Under a Banyan tree
(b) Under a 'Bo' tree
7. At what age did Bodhisattva become Buddha (Enlightened)
(a) 40 years
(b) 35 years
8. When did Bodhisattva become enlightened
(a) Poson full moon poya day
(b) Vesak full moon poya day
9. For how many years did Buddha teach "Dhamma"
(a) 55 years
(b) 45 years
10. Buddha passed away at the age of 80 years on....
(a) Esala full moon poya day
(b) Vesak full moon poya day

Buddhism Crossword Answers

Use the clues to fill in and solve the puzzle below.

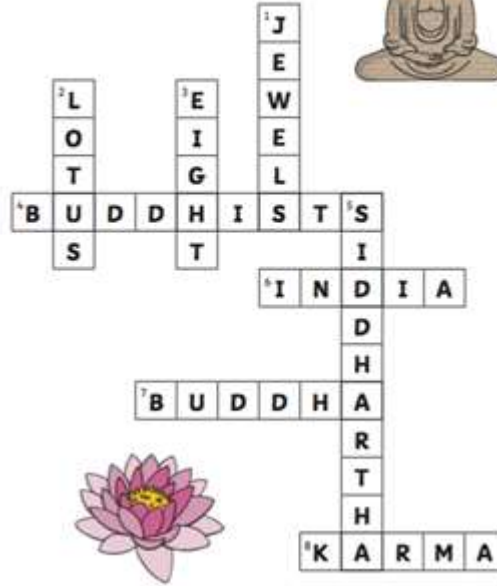
Clues:

Down

1. The Three **Jewels**: these are the three key beliefs in this religion. (6 letters)
2. The type of flower which is one of the 8 key symbols of Buddhism. (5 letters) **lotus**
3. The number of points in The Noble Path. (5 letters) **eight**
5. The Buddha's real name before his enlightenment: **Siddhartha** Gautama. (10 letters)

Across

4. The followers of Buddhism. (9 letters) **Buddhists**
6. The country where Buddhism is thought to have started. (5 letters) **India**
7. The title given to the enlightened one who taught others about Buddhism: The **Buddha**. (6 letters)
8. The life force that means actions have results. (5 letters) **karma**



What the Buddha taught for little ones like us



One day Bimsara was playing with his friends in their garden. Suddenly, Bimsara came running to his house scouting; “ Mother...! Mother...! where are you.... There is a cobra in the garden. Mother ...! Come quickly...!”

Mother got alarmed when she heard Bimsara's shouting. She quickly went to the Garden where Bimsara and his friends were playing. And she saw that Bimsara's friends were throwing stones at a creature.

“Children... do not hurt animals. Let me see it. No children, this is not cobra, this is a rat-snake. These creatures are helpless and innocent. We must let them go on their own. Even cobras or vipers must not be provoked.

Aunty, I have heard Siyathu uncle saying that these poisonous serpents should be killed upon seeing.

“Oh Damith, that is very wrong, There are ways to live without getting hurt even from a poisonous serpent, There are to live without getting hurt even from a poisonous serpent. You do know the sacred Piruvana book don't; you? In that, there is a paritta called *Khanda Paritta*. If you chant that *Khanda Paritta* daily, you would not be hurt by an animal or any poisonous serpent. Those stanzas have amazing powers.”

“But Aunt, we hit it only to frighten it. Not to kill it.”

“No son, the Buddha taught that all beings are afraid of punishment.”

One day when the Buddha was going to the city Savatti, He saw a group of children making a big commotion. The Buddha went near them to see what they were doing. The children were standing around a serpent. The children were carrying various types of rods in their hands. One child stroked the serpent.

“Ha ha ! Children... What are you doing?” The Buddha asked.

“Dear Lord Buddha, these serpents should not be allowed to go free.. They sting us,” said the children.

“Children, may I ask you a question? Do you like it if someone beats you with clubs, or if anyone hurts you?”

“Oh no, Not at all ...If that happens, we will run home and tell our parents”.

“See that's true...You do not like being harassed and being hurt. The others are the same. Nobody enjoys being harassed and hurt. Hence taking you as an example, you should never harass or hurt others. Now please let this serpent go.”

Then the Buddha said: “Let me teach you a stanza;

Everybody In this world – fears punishment.

Everybody fears dying – without a reason,

Compare yourself this way – with others always,

And never harass anyone – or kill in any way.

Lesson 3: 28th June 2020

1. How we do the Buddha Vandhana?
2. What you feel with Loving Kindness meditation
3. The moral of the story “not to hurt, harm or harass anyone”
4. Learnt a new story “Kind Hearted Prince”
5. Understanding why I get angry (1st step in the Anger Cycle)
6. Practiced the Daham Pasal song

Lesson 4: 12th July 2020

1. Answers to the questions “Kind Hearted Prince”
2. Anger Made Easy
Different faces of life (Angry, Sad, Happy & Peaceful)
What happens in the body when angry (in the eyes, nose, mouth, ears, face, tummy, head)

Lesson 5: 26th July 2020

1. Practising Buddha Vandhana
2. Loving-kindness meditation
3. Learnt a new story “Stealing Is a Bad Habit”
4. Things I do when I get angry

Lesson 6: 13th September 2020

1. Practising Buddha Vandhana
2. Loving-kindness meditation
3. Discuss answers to homework
4. Learn a new story (All Living Beings Have a Right Live)
5. Practising the Daham Pasal Song

Lesson 7: 04th October 2020

1. Practising Buddha Vandhana
2. Discuss answers to the questions “All Living Beings Have a Right to Live”
3. Learn a new story (“Parrot who fed his old parents”)
4. Revision: Buddha’s story
Queen’s dream
Birth of Prince Siddhartha
5. Practising the Daham Pasal Song

Lesson 8: 08th November 2020

1. Practicing Buddha Vandhana
2. Loving Kindness Meditation
3. Homework
4. Learn a new story
5. Continue: Buddha’s story
Marriage & Yasodhara
6. Practicing the Daham Pasal Song

Lesson 9: 22nd November 2020

1. Buddha Vandhana
2. Loving-kindness meditation
3. Homework
4. Read a new story – “The Buddha and Rahula”
5. Continue: Buddha’s story
 - The four sites
 - Leaving home
6. Practicing the Daham Pasal SongAnswers to Homework

Lesson 10: 29th November 2020

1. Buddha Vandhana
2. Loving kindness meditation
3. Homework
4. Read a new story – “The young Deer that played dead”
5. Practicing the Daham Pasal SongLesson

Homework

JS0601 : 24th May 2020

(Find the answers from your Keystage one book)
Underline the most suitable answer.

1. Who's son was Prince Siddhartha
 - (a) Wise man
 - (b) King Suddhodana
2. Who was Prince Siddhartha's Mother
 - (a) Princess Yasodhara
 - (b) Queen Maya
3. When was Prince Siddhartha Born
 - (a) Poson full moon poya Day
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 - (a) Prince Siddhartha
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5. At what age did Prince Siddhartha leave the palace to find a way to make everyone happy (became Bodhisattva)
 - (a) 30 years
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6. Where did Bodhisattva become enlightened
 - (a) Under a Banyan tree
 - (b) Under a 'Bo' tree
7. At what age did Bodhisattva become Buddha (Enlightened)
 - (a) 40 years
 - (b) 35 years
8. 8. When did Bodhisattva became enlightened
 - (a) Poson full moon poya day
 - (b) Vesak full moon poya day
9. 9. For how many years did Buddha teach "Dhamma"
 - (a) 55 years
 - (b) 45 years
10. Buddha passed away at the age of 80 years on....
 - (a) Esala full moon poya day
 - (b) Vesak full moon poya day

JS0602 : 24th May 2020

The Prince Protects the Snake Print and colour this image



JS0603 : 24th May 2020

Dhamma is the teachings of the Buddha, Buddha's teaching says:

Do NOT Do Bad

Do Good

Keep Your Mind Clean

1. Name 3 bad things we should not do

1. Killing animals and being cruel to them is bad.
2. Stealing is bad.
3. Telling lies is bad.

2. Name 3 good things we should do

1. Respect our parents and teachers.
2. Help one another.
3. Make friends with good people.

3. Name 3 things that will make our minds unclean

1. Not have selfish thoughts
2. Should not have greedy thoughts (wanting too much of anything, food, toys)
3. Should not have angry thoughts.

JS HW: 14th June 2020

1. Homework 0601 – Find the answers to the questions from your Keystage one book
2. Homework 0602 – colour the picture
3. Homework 0603 – complete the crossword puzzle

JS0604 : 14th June 2020

1. Learn to practice loving-kindness (see below)
2. Read the story and find out the moral of the story and prepare yourself to tell the rest of the class what you learnt from the story
3. Practice the 1st Verse of the Daham Pasal song (see below)
4. Think of a situation you were very ANGRY. Then think about what made you ANGRY. Then draw this situation in a piece of paper and label your drawing to explain what happened.

Loving Kindness Meditation

May I be Happy
 May I be Well
 May I be Safe
 May I be free from suffering

May my Mother be Happy
 May my Mother be Well
 May my Mother be Safe
 May my Mother be free from suffering

May my Father be Happy
 May my Father be Well
 May my Father be Safe
 May my Father be free from suffering

May everyone in this world be Happy
 May everyone in this world be Well
 May everyone in this world be Safe
 May everyone in this world be free from suffering

Daham Pasal Song

Verse 1

Sethsiri Dena Maha Guna Muhudanan
 Sath Hata Wana Bawa Dukata Wedaanan
 Thith Gana Duruduralana Dhinidaan
 Sith Sathosin Namadim Munidaan

Verse 2


Ama Pamanin Pawasu Muni Dana Thathu
Ena Hamadena Balawai Danwiyayuthu
Thama Thama Nena Pamanin Danagathayuthu
Mama Namadim Sadaham Pahada Sithu

Verse 3

Sirimath Bamba Sirasehi Paa Pisinaa
Sariyuth Maha Mugalan Piliwelinaa
Piliweth Saru Maha Sanga Gana Sobanaa
Mudunath Banda Namadim Bethi Pemina


JS0705 : 28th June 2020

1. Read the story “[Kind Hearted Prince](#)” and answer the questions.

<p style="text-align: center;">KIND HEARTED PRINCE</p> <p>Once in Kapilawasthu in India, there lived a king called Suddhodana. He had a son. His name was Siddhartha. Siddhartha was a very kind hearted and a humble prince.</p> <p>One sunny morning Prince Siddhartha was playing in the garden. While he was playing, he saw a swan fallen on the ground. He ran to the place where it was fallen and picked it up. Alas ! an arrow had pierced it. The swan was in great pain.</p> 	<p>Siddhartha picked up the swan in his arms. He cleaned the wound and tried to treat the wound. Just then he heard the voice of Prince Devadatta. He was running towards him saying, “That is my swan. Put it down. I have shot the swan so it belongs to me”.</p> <p>Prince Devadatta was shouting at Prince Siddhartha and tried to take the swan from him. But Prince Siddhartha, who felt sorry for the painful bird did not want to give it to his cousin brother.</p> <p>At last, they decided to consult the wise men. It was Prince Devadatta who answered first. He told the wise men, “I have shot it, so it should be given to me”.</p> <p>But prince Siddhartha said, “I have saved its life, so it belongs to me”. So the argument went on.</p> <p>However, the wise men were not happy with what prince Devadatta said. They said “The bird belongs to prince Siddhartha. He saved the life of the swan. A person who saves life is greater than the person who tries to kill”. The swan was given to prince Siddhartha. Prince Siddhartha grew up with these great qualities and attained Buddhahood.</p> <p style="text-align: center;">11</p>
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Underline the most suitable answer.

- Who was the kind prince ?
a. Prince Siddhartha
b. Prince Devadatta
- Who injured the swan ?
a. Prince Devadatta
b. Prince Siddhartha
- Who saved it's life ?
a. Prince Devadatta
b. Prince Siddhartha Siddhartha
- Whose son was Prince ,
a. Wise man
b. Suddhodana




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If someone hurt your pet, what will you do ?
Put a (✓) in front of the most suitable answer.

- I will cry
- Advise no to commit such sins.
- Get angry with him


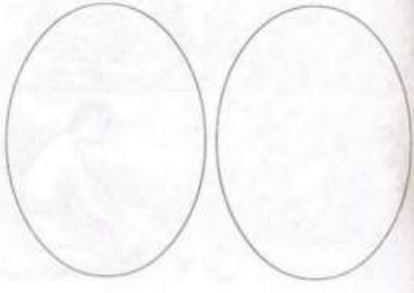
Identify the correct sequence of the pictures and write the correct number inside the circles.



We never harm or hurt any one

- Write down two of your favourite animals.
a.
b.

Draw them inside these circles and paint

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- With the help of your parents write in your own words and explain the situation of your drawing “why I got angry”
- Think of the same situation when you got angry (or a different situation) and think what happened to yourself and draw the things that happened to your body when you got angry

JS0706 : 28th June 2020

- Think when you were very angry
Think what to do when angry to calm you
Take a paper and try to draw your ideas into a simple picture like what you saw in the class
- Word Search – find the words given at the bottom



JS0907: 26st September

1. Learn to recite the stanzas of Buddha Vandhana by yourself
2. Learn to say the Daham Pasal song by yourself
3. Read the story “Stealing is a bad habit” and answer the questions

STEALING IS A BAD HABIT

We do not like people who take our things without telling us. When we get use to the habit of taking things without the knowledge of the owner, later we may take valuable items too and gradually, we become thieves.

Once upon a time, there was a woman who lived with her only son. Father was dead and she had to work hard to earn a living as was no one to help her. Mother loved her son and did not want to hurt him even for a wrong thing thinking that he might get hurt.

The young son, got into all sort of bad habits as there was no one to advise him or correct him. He did not study or learn any skill, to earn a living. Therefore he started stealing things from others. Eventually everyone came to know that he is not a good man, but a thief, who steal valuable things from others. Once he was captured by officers of law while engaged in wrong activities. He was brought before the Judge and Judge found him guilty. Judge ordered him to be killed.

Just before his death, he told the officers that he need to fulfill his last wish. That was to see his mother. So the

mother was brought to see him. Mother was very sad about the son, but at the same time, she felt happy thinking that her son thought of her before his death. She came weeping and asked the son why he did a wrong thing to get punished in such a cruel way. Son was laughing like a mad man. In front of the crowd, he scolded his mother for his misery. "You didn't correct me when I was doing wrong things. How can you be a good mother. It is not only showing your love and giving food. You should have taught me to be a good man. Why didn't you correct me then and there when I stole a pencil from my friend ? Because of you, I have become a thief and now losing my life too". People were sorry after hearing the sad story of the son. They were angry with the mother, for not bringing up the child in a proper way. So the poor man was put to death due to his mother's fault.

Mother could not face the people. She left that village. She was unable to forget her son and all what he said. She became mentally sick.

Some parents think that they should allow the children to behave as they like and as they want. They think, that children should do what they want. Some children do



not know how to behave in front of elders or even when they visit their relations or friends. So they become problems to the parents as well as to others.

Parents' duty is to teach good habits to their children. If they fulfil this duty, we will have a better society.



Fill in the blanks using words given below.

steal, earn, sins, businessmen, bad

1. We must not commit _____
2. No body like people who _____ things from others.
3. We should be honest and _____ our living.
4. Robbing and stealing are _____ habits.
5. Some _____ follow many tricks to cheat the customers.

Fill in the blanks

Apsara is a good girl

She goes to the temple on Poya days

She takes flowers to the temple

She removes her _____ before entering to the sacred place.



Rahal is Apsara's brother.

He too joins Apsara.

He takes flowers to the temple.

But he does not wear _____ inside the shrine room.

Describe the picture and see whether you are able to fill the blanks



This is a _____ room

Jinali offers _____



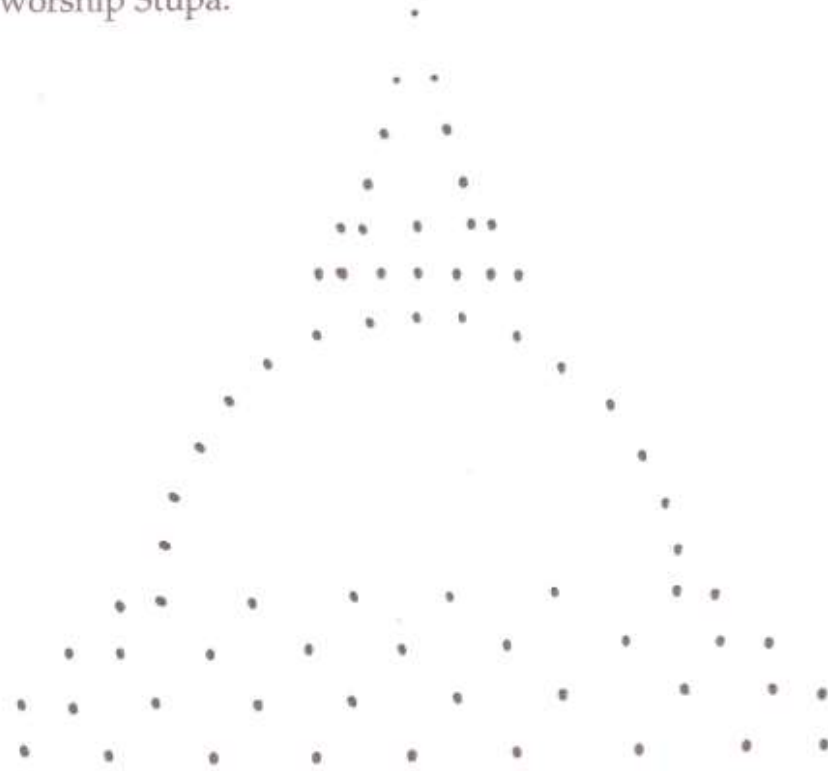
Ranga _____ the Lord Buddha.



4. Colour the picture (Click to Download The Picture)

Join the dots and colour the picture.

This is a picture of a Stupa. In some countries it is known as the Pagoda. Stupa is also a part of the Temple. People worship Stupa.



Congratulations !

5. Revise what you can do to control your anger (when you are angry)

JS1008: 13th September 2020

1. Learn the stanzas of Buddha Vandhana
2. Learn the Daham Pasal song
3. Read the story “All Living Beings Have a Right to Live” and answer the questions
4. Colour the pictures (**Click to Download The Picture**)



We should not hurt any living being. We should respect life. Life is very precious, so we have to protect all living beings.

Read this story carefully and answer the questions.

There is a story of a boy who saved the life of a rabbit and saved his sick mother. Once upon a time, there was a very poor woman living in a far away village. She had a son. Her husband was dead when the son was very small. So she had to bring up the boy, without any assistance from anybody. They didn't have any wealth either. Brothers or parents too did not want to help this poor woman as they thought, that she has brought bad luck to the family.

She was miserable and thought of finding some work as she had to bring up the child. She was able to find some work. She made string hoppers and sold them to the nearest

boutique, so she was able to look after the child. Although she could not earn much, what she got was enough for her and her son. She could not send the boy to a school, as she was unable to supply the requirements such, as books, pencils, uniforms and shoes. However, she was able to teach him religious stories about value education.

Now the boy is about 12 years old and able to help his mother. He went to the nearest forest daily, to collect fire wood so they need not spend money for fire wood. Mother tried hard to earn little more as now she has to feed a young boy. Due to hard work, without having proper food, she fell sick. She was unable to earn a living. Boy thought of collecting more firewood as he was able to find few more rupees to get food for both of them. Yet, he could not take his mother to a doctor. He, on his own collected some herbal plants from the jungle and gave her the juice to drink. Mother was unhappy as she could not help the son, but at the same time she was happy about his concern and behaviour.

One day, the boy went to the forest very early as he wanted to collect some herbal plants for his mother. When he was plucking the tender leaves of the herbal plants, he heard a screaming voice. He felt that it was an animal

in pain. He hurried to that direction, and soon came across a white rabbit, caught in a snare. Still there is darkness in the forest. Hunter will return to collect the animal only during the day light. So the boy had enough time to release the animal. Luckily he had an axe with him. He used to bring the axe to cut wood. He, slowly cut the thick net using his axe. At last the poor rabbit got freedom. It did not run away as usual, but stayed for few minutes, looking at the boy. It saw the herbal plants in his hand. Boy was pleased to see the beautiful animal and muttered, "Beauty, these plants are for my mother, she is very sick, I don't have money to take her to a doctor, I came early to collect these plants and I am happy as I was able to free you. If I got late, the hunter would have come and taken you. Go, be careful when you run about". The rabbit waited for a moment, and ran away.

The boy, we will call him wood collector, went home, carrying more firewood and plants. He was impatient to relate the good deed to his mother. But, before he entered the house, mother came out, just as earlier, with a smiling face, calling her son, "son, I have recovered. I can work again and help you. You need not work alone.

"Wasn't it a gift for a good deed?"



Underline the most suitable answer

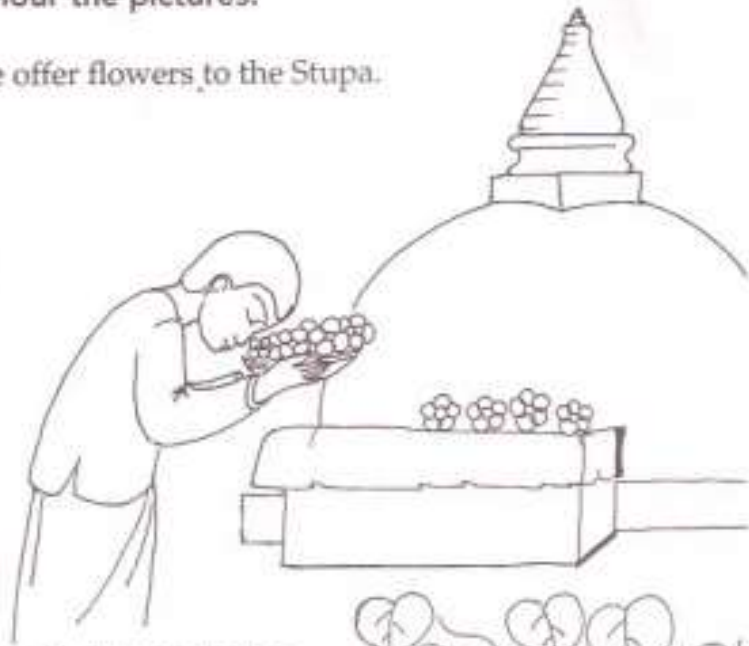
1. The woman could not send her son to a school
 - a. as there was no school close by.
 - b. as you did not have enough money.
 - c. as the boy was lazy.

2. How did she find money to feed the son ?
 - a. By working as a maid.
 - b. By working as a wood cutter.
 - c. By selling string hoppers.

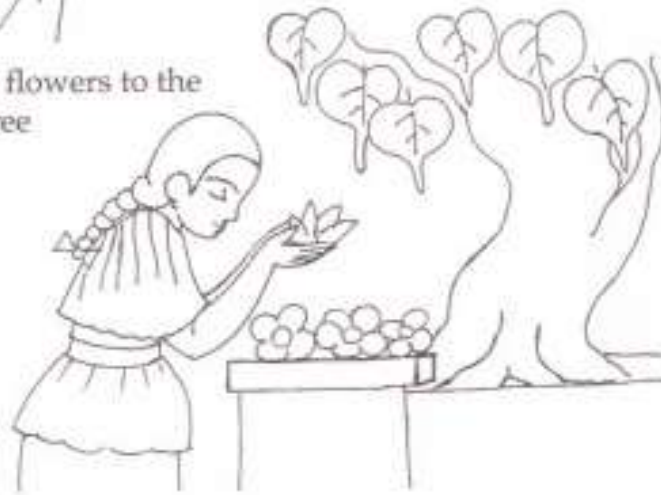
3. Why did she give up her work ?
 - a. She fell sick.
 - b. She could not buy flour.
 - c. She could not find firewood.

Colour the pictures.

We offer flowers to the Stupa.



We offer flowers to the Bodhi Tree



JS1009: 04th October

1. Write your answers to the questions on Buddha's story
2. Read the story "Parrot who fed his old parents"

The story of a parrot who fed his old parents

Once upon a time there lived a farmer. He noticed a parrot who came to his paddy field and fed on the paddy. The parrot also took away some paddy. The farmer asked the parrot "Why are you doing this?"

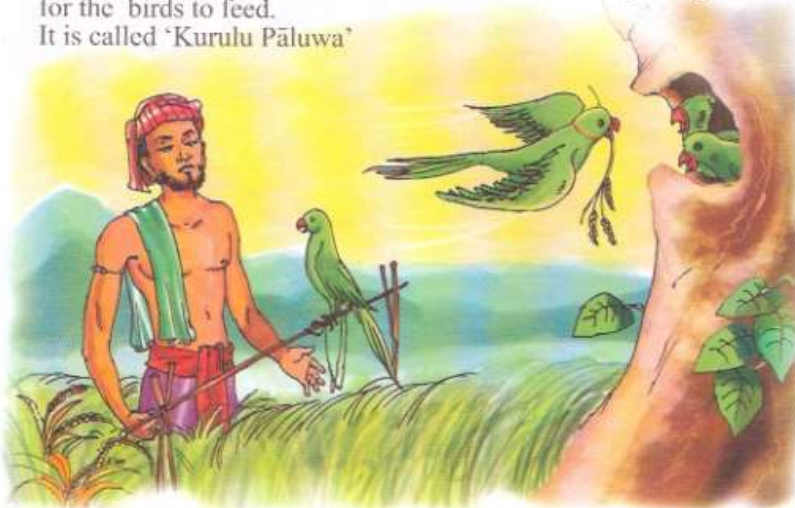
The parrot answered "My parents are old they are blind and weak. They cannot fly. So I take some paddy for them".



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The farmer said "It is a good deed. I will keep a part of my field for you birds to feed on". Even today all farmers leave a plot of the field for the birds to feed. It is called 'Kurulu Pāluwa'

It is our duty to look after our parents, when they are old. We must also be kind to all animals and all living beings.



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JS1110: 25th October

1. Write your answers to the questions on Buddha's story
 - a) How many wise men did King Suddhodhana invite for the naming ceremony of the Prince?
 - b) Which wise man say "the prince would definitely be the Buddha and none other?"
 - c) What was the name given to the Prince?
 - d) How many days after birth of Prince did Queen Maha Maya passed away?
 - e) Who took care of the Prince after passing away of Queen Maha Maya?
2. Read the story "Wild Dear Park (no killing)" from your Keystage one book and draw and color a picture showing kindness to animals.

JS1111: 08th November

1. Write your answers to the questions on Buddha's story
Name the three palaces King Suddhodana built for Prince Siddhartha
1....., 2....., 3.....
2. Answer the following questions on "wounded swan"
What was the name of Prince Siddhartha's cousin?
Who shot the swan?
Who does the swan belong to?
3. Draw a 😊 (Happy Face) next to an action that is not wrong and an ☹️ (Unhappy Face) next to a wrong action
 1. Prince Siddhartha and Devadatta walked in the woods.
 2. Devadatta shot the swan with his arrow.
 3. Devadatta was very angry with the Prince.
 4. The Prince saved the life of the wounded swan.
 5. The Prince let the swan fly away when it became well again.
4. Fill in the blanks with the correct words
 1. Three palaces were built for the Prince Siddhartha (rainy) (summer) (winter) (autumn)
 - (a) One for the season
 - (b) One for the season and

(c) One for the Season

2. The King wanted to make the Prince happy so that he would not leave the home to become (a doctor) (a monk) (a teacher)

3. The Prince chose to be his wife (Visakha) (Yasodhara) (Sujatha)

4. The Prince chose Yasodhara to be his wife because she was (angry and wicked) (cruel and unkind) (generous and kind)

JS1112: 22nd November

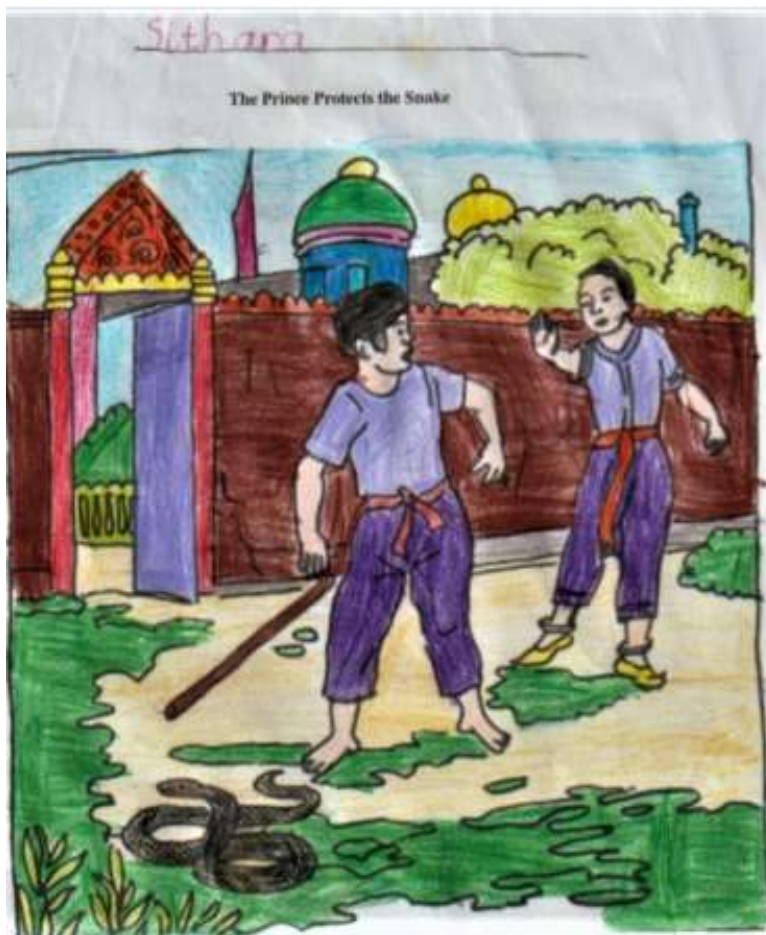
1. Prince Siddhartha wanted to go outside and see how other people lived. He left the palace four times.
2. Write in order what the Prince saw when he went out of the palace.
1..... 2.....
3..... 4.....
3. Why did King Suddhodana arrange a big dinner party?
4. Why did Prince Siddhartha leave the palace
5. With whom did Prince Siddhartha leave the palace
6. How old was Prince Siddhartha when he left the palace
7. Underline the correct word
(a) (Rahula, Dhammika) was the newborn son of the Prince Siddhartha
(b) The servant who went with the Prince was (Kassapa, Channa)
(c) He also left the palace with the horse named (Garfield, Kanthaka)
(d) Prince Siddhartha's servant and horse was very (sad, happy) to leave their master
8. Draw and colour one of the four sites Prince Siddhartha saw when he left the palace.

Student Work





Dulina Paranavithana





Citations and References